

HEAVY LOAD

By Davy HAUSMANN (FR)
Music Heavy Load – Cody Jinks
Level Beginner
Description 32 counts – Partner

Position : Side-by-side, Man (M) inside, Woman (W) outside

Dancing : in a circle, counter clockwise

Section 1 MW STEP LOCK STEP – SCUFF – STEP LOCK STEP – SCUFF

1 – 2 R Step forward on right diagonal – L cross step behind R foot
 3 – 4 R Step forward on right diagonal – L Scuff
 5 – 6 L step forward on left diagonal – R cross step behind L foot
 7 – 8 L Step forward on right diagonal – R Scuff

Section 2 MW ROCK STEP – STEP BACK – COASTER HEEL STRUTT

1 – 2 R step forward – support back on left foot
 3 – 4 R step back – Hold
 5 – 6 L step back – R step next to L
 7 – 8 L Heel forward – L foot flat

Section 3 MW LEFT TURN – LEFT TURN – COASTER STEP – STOMP (UP)

1 – 2 M R step forward – left half turn (1 - man loose right hand and raise left hand)
 W R step forward – left half turn (1 - woman loose right hand)
 3 – 4 R step forward – left half turn (4 - recover hands)
 5 – 6 L step back – R step next to L foot
 7 – 8 M L foot forward – R stomp up next to L foot (7 - man slightly behind woman)
 W L foot forward – R stomp next to L foot (7 - woman slightly ahead man)

Section 4 M RUMBA BOX W RUMBA BOX with 2 HALF TURNS

1 – 2 M R step right – L step next to R (1 - man loose right hand and keep left hand raised)
 W L step left while doing a right half turn – R step next to L (1 - woman loose right hand)
 3 – 4 M R step forward – L touch next to R
 W L step forward while doing a right half turn – R step next to L
 5 – 6 M L step left – R step next to L
 W R step right – L step next to R
 7 – 8 M L step back – R touch next to L (8 - recover hands)
 W R step forward – L step next to R (8 - recover hands)